Good News for Homemakers

About energy efficiency and home laundering

By SHIRLEY W. WALTON
Extension Agent

Note: This is part 1 of a 2 part article about how you can be more efficient in the use of energy for home laundering.

One of the most critical external factors affecting home laundering today is the rising cost of energy. There are three forms of energy necessary for successful laundering. The forms include: 1. **Thermal Energy** supplied by hot or warm water; 2. **Mechanical Energy** supplied by the washing action; 3. **Chemical Energy** supplied by the detergent and other laundry additives.

As energy is reduced in any one of the three, another energy input must be increased to restore to the total washing system in order to achieve the same level of laundering performance. Considering all the energy used for laundering, the amount to heat water is much higher than that used to operate either the washer or dryer. Therefore, it may be desirable from a cost point of view to reduce water temperature. If water temperature is reduced, laundry products or chemical energy should be increased by adding more detergent. It should be emphasized that the colder the water, the more difficult it is to accomplish cleaning. Effectiveness of laundry products is reduced as water temperature decreases. The performance of all laundry products is seriously diminished if they are used in an extremely low temperature range such as below 60°F. Some detergents have been designed specifically for use with cold water.

Hot water, 130°F. or above, should be used for heavily soiled loads, diapers, or if there is any illness in the family. Other loads normally washed in hot water may be washed warm or those washed in warm may be washed in cold. Some consumers may be satisfied with results at lower temperatures, others are not. Each person must be the final judge. For example you may not get the collars and cuffs of a man's shirt as clean with cold water. A way to remedy this problem is to maybe spot treat the collar and cuffs before washing in cold water.

When lowering the temperature for washing, follow the instructions provided on the granular or liquid detergent package. Soap products and granular laundry detergents should always be added to the washer before the clothes and especially when using cooler water. If you are especially concerned about the cleaning power of the detergent you are using, you may wish to dissolve it in warm or hot water before adding to the washer. Washing at lower temperatures in hard water with some non-phosphate granular detergents increase problems of residue on fabrics and washers (we've also had some calls in our office about finding residues in the dryer).

A liquid laundry detergent or a non-percipitating water softener used with a non-phosphate granular detergent may help to overcome this problem.In addition,other variables besides water temperature and water hardness must also be considered. These variables include the amount and kind of soil, the type of fabric, and the amount and kind of detergent being used.

Next week, I shall share with you some recommendations that will hopefully be helpful to you concerning how you can save the three kinds of energy: thermal, mechanical, and chemical associated with our laundry.

If you have a homemaking question or problem, you may call 352-8244 or write P.O. Box 488, Appomattox, Va. 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

RECIPE OF THE WEEK
Barbara Kaye's Ice Cream
Ingredients:
2. small packages instant french vanilla pudding
4 cups milk
1 large can evaporated milk
1 quart sweetened fruit-strawberries, peaches, etc. or 1 lg. can crushed pineapple
1½ cups sugar
Additional milk if needed
Mix two small packages of instant french vanilla pudding with the 4 cups of milk. Chill and whip the large can of evaporated milk. Mix whipped evaporated milk with the pudding mixture. Add sweetened fruit and 1½ cups sugar. Pour into a one-gallon freezer container. Add additional milk if necessary to the full line.
NOTE: This recipe can also be used in a five-quart freezer. A small amount of additional fruit and milk will fill this freezer.

Many thanks to Barbara Kaye McLaughlin, our Extension Secretary, for sharing this delicious recipe with us.

For those of you who are counting calories, you can use skim milk to mix the french vanilla pudding.

County Line community news

Glad to report Mr. Dillard Reed is improving but still in the hospital.

Mr. Robert Mayberry is still in the hospital We wish for both of these a speedy recovery.

Elliott Nash came home from the hospital on Thursday. Lets remember all the sick in our prayers.

Mr. Floyd Mayberry visited in the home of Elliott Nash on Sunday. Linda Cyrus and Stacey Howard and George and Jeff Nash visited in this home Saturday.

Mr. and Mrs. Henry Allen Garrett spent the weekend at Mocksville, N.C. visiting Rev. and Mrs. Curt Wood.

Johnny Garrett spent the weekend with Mr. and Mrs. Earl Primm and Chris.

Congratulations to Mr. and Mrs. Edd Collins. They have twin boys born last week at Virginia Baptist Hospital. Their names are James Grayson and Richard Johnathan. Mrs. Collins is the former Sue Tucker.

Mr. and Mrs. Winifred Nash entertained in their home on Saturday night honoring their daughter, Wendy on her 10th birthday. Those present were Mr. and Mrs. Richard Nash and Will, Mr. and Mrs. Richard Nash, Mr. and Mrs. Ray Layne and Missy and Mr. and Mrs. David Carson, Susan and Ryan and Jennifer Nash.

Mrs. and Mrs. Ryland Mann and Richard entertained in their home on Sunday afternoon with home-made ice cream and cake. Those present were Mr. and Mrs. Henry Mann, Mr. and Mrs. Thomas Harden and daughters, Patricia and Mary Katheryn, Mr. and Mrs. Nelson Mann, Keith, Tony and Mike Mann, Mr. and Mrs. Carroll Mann, Robin and Stewart Mann and Mrs. Estelle Martin and Mrs. Jamerson.

Mr. and Mrs. Twyman Nash and Todd are spending a few days at Myrtle Beach.

Mr. and Mrs. Paul Coleman visited Mrs. Laura Ferguson Sunday.

Mr. and Mrs. Richard Nash visited Elliott Nash in the hospital Wednesday night and also visited in the home of Mr. and Mrs. Billy Reynolds of Spout Spring.

Visitors of Mr. and Mrs. Pete Banton Sunday were Mr. and Mrs. Emery Mullins and Mr. and Mrs. Raymond Mullins and family.

Mr. and Mrs. Emery mullins visited Mr. and Mrs. Henry Mann Saturday night.

Mrs. Henry Mann and Mrs. Nancy Mann spent Saturday in Lynchburg.

Mrs. Cecil Nash, Jennifer and Cecilia visited Mr. and Mrs. A. B. Evans Jr. and Mr. and Mrs. Walte Howard Sunday.

Lisa and Cheryl Tucker spent last week at Myrtle Beach with a group from their church.

Mr. and Mrs. Shelby Tucker and Mrs. Edith McCann visited the Babcock Manor Nursing Home Tuesday.

Mr. and Mrs. Shelby Tucker visited Mr. and Mrs. Charlie Arrington last Sunday.

H-SC fund drive a big success

A first-ever fund-drive was held among the faculty and staff of Hampden-Sydney College this year to raise money for the College's annual fund. Over sixty percent of the faculty and staff proved their support of the College by giving almost $12,850.

"The College is rightly impressed by the response to this campaign," reported Mike Wilson, organizer of the campaign and assistant professor of modern languages. "In no better way can the College measure the devotion of its faculty and staff have demonstrated in this campaign that they are indeed interested in the continued financial well-being of the College."

Hampden - Sydney President Josiah Bunting IIIadded, "This type of support will show corporations and foundations that we have men and women working at the College who are dedicated to our educational program, and I thank all of them for making this possible. The generosity of the faculty and staff once again affirms our commitment to excellence in education."

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SAVE 30¢ Lb. Eckrich Original OLD-FASHIONED HOT DOGS Jumbo Franks Luter's Old Fashioned Meat (Beef 1.59) Lb. 1.39

Offer good through August 7, 1983 in Appomattox Food World's Only! We Reserve the right to limit quantities.

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Sliced Bacon Armour Star, 12 Oz. Pkg. 1.49
Beef Patties Armour Star, 1½ Lb. Box 2.99
Cheeseburgers Armour Star, 1 1/2 LB. Box 3.59
Meat Franks America: Farms, 12 Oz. Pkg. 89¢
Slab Bacon In the Piece Slice or Seasoning Lb. 69¢
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Cube Steak U.S.D.A. Choice, Family Pack 3 Lb. Package Or More Lb. 2.39
Sliced Country Ham Hobes Biscuit Cut, 12 Oz. Pkg. 2.29
Sliced Bologna Jesse Jones Lb. 1.69
Crackers Fresh Dressed Never Frozen Lb. 1.19
Rounder Fillet Fresh Dressed, Never-Frozen Lb. 2.49

SAVE 20¢ Pkg. Lunch Meats Armour Star Sliced, P&P, Spiced Lunch, Regular or Beef Bologna 6 Oz. Pkg. 69¢

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Duke's Mayonnaise 32 Oz. Jar Creamy 99¢
Kraft Dinner Macaroni & Cheese 7 Oz. Box 34¢

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Oakville news

By MILDRED MOORE

The Patrick Henry Boys' Home Choir from Brookneal presented a musical, "He's Alive," at Red Oak Baptist Church Sunday night. Afterward a social hour with homemade ice cream was enjoyed by all.

Revival services are in progress at Mt. Comfort Methodist Church through August 5. Guest speaker is the Rev. F. J. Wingfield, Jr.

Mrs. Alise Drinkard returned from the hospital Saturday. She is doing nicely. Our prayers go out to her.

Mrs. Margaret O'Brien and Mrs. Emma Lemon called on Mrs. Roland Smith Wednesday afternoon. Mr. and Mrs. Ralph Smith of Richmond spent the week end with Mrs. Smith. Week-end guests were Mrs. Dorothy Garrett, Mrs. Mollie Rogers, Mr. and Mrs. Albert "Dick" Martin, Mrs. Curtis Moore, Jr., Mrs. Louise Hinckle, and Mr. and Mrs. Watt Smith.

Barry Moore spent last week with his aunt and uncle, Mr. and Mrs. Coleman Moore.

Mrs. Elma Lucado spent the weekend with Mr. and Mrs. Lawson Lucado.

The family of Louis Moore got together for his birthday on Sunday at the home of Mr. and Mrs. Louis Walker Moore. In the afternoon the Rev. David Camden joined them for ice cream and cake.

Mrs. Marguerite Brassell of Ivey, Va. was overnight guest of Mr. and Mrs. Garland Burcher. Friday she and Mrs. Burcher visited with Mrs. Overton Moore at Babcock Manor.

Mr. Garey Woodson visited Mrs. Tom Moore Tuesday afternoon. Mrs. Clark Moore and Mrs. Garland Burcher called on her Saturday afternoon. Gertrude Jarnell spent Monday with her sister, Mrs. Tom Moore.

Mrs. Mason Banton returned home from the University of Virginia Hospital at Charlottesville Friday. She is doing nicely.

Galilee

"O Give thanks unto the Lord, for his mercy endureth forever."

It is our pleasure to invite you to attend the annual homecoming and revival services at Galilee this coming Sunday. Sunday school begins at 10 a.m. The Rev. G. M. Mason and congregation from the Emmanuel Baptist Church of Washington, D.C. will be our guests. Rev. Mason will be in charge of both services. The ladies of Galilee will serve dinner to all in attendance.

The weekly revival services will begin each evening with prayer services at 7:30 p.m. Local church choirs have been invited to render music.

We wish for all a happy vacation period. Have a pleasant week. Let us continue in prayer for each other. Praise God daily.

MARIA BEASLEY, age 5, was recently crowned "Little Miss Brookneal" winning a trophy and "Springtime Cover Girl, 1983", winning a trophy and banner. In addition she received a banner "Springtime Baby Award". Maria will participate in the state pageant on August 6 at Springfield Va. The daughter of Mr. and Mrs. Benny Beasley, Sr., Maria attends Appomattox Children's Day Care Center.

Three locals named to national 'outstanding' list

Steven Raye Lawrence, Joseph Michael Ford and Marvin Payton Watson, all of whom have ties to this area, have been selected for inclusion to the 1983 version of "Outstanding Young Men of America," according to the board of directors for the awards program.

These men were selected from nominations received from Senators, Congressmen, Governors, Mayors, State Legislators, University and College Presidents and Deans as well as various civic groups, including the United States Jaycees which also endorses the Outstanding Young Men of America program.

In every community there are young men working diligently to make their cities, as well as their country, better places in which to live. These men, having distinguished themselves in one or more fields of endeavor, are outstanding and deserve to be recognized for their achievements. The criteria for selection include a man's voluntary service to community, professional leadership, academic achievement, business advancement, cultural accomplishments and civic and political participation.

The men listed, along with fellow Outstanding Young Men throughout North America will be featured in this prestigious annual awards publication.

Promise Land

Keep your eyes on the goal. Let us run with patience the race that is set before us, looking unto Jesus. - Hebrews 12:1-2

The Cornerstone Baptist Union was held at the White Oak Grove Baptist Church. All schools were beautifully represented.

A lesson titled "Joash: A King Led Astray," was taught and discussion followed the lesson.

A youth program was enjoyed by all.

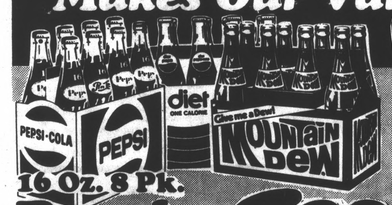
We invite you to Sunday school this Sunday at 10 a.m. The subject of the lesson will be Naomi and Ruth, shared loyalty. Please come and share in this great lesson.

Mrs. Ora Fleshman and Mrs. Margaret Forest are receiving treatment in the hospital.

We must pray for the sick and shut-in.

An obstacle cannot stop you if you keep your eye on the goal.

Makes Our Values Great!



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Gravy Train 40 Lb. Bag, Dog Food 10.99
Morton Dinners King Size, 17 Oz. Chicken, Turkey, Or Salisbury 1.59
Dulany Okra Whole Cut, 16 Oz. 1.09
Morton Entrees Turkey, Salisbury, or Mushroom, 2 Lb. 1.69
Spinach Dulany, Leaf or Chopped, 10 Oz. 53¢
Banquet Chicken Nuggets or Patties, 12 Oz. 2.59
Morton Dinner Chicken, Turkey or Meat Loaf, 11 Oz. 85¢
Shedd's Spread 32 Oz. Bowl 89¢
Great Little Desserts Morton, Apple, Cherry, 6 Oz. 47¢
Fried Chicken Morton, 32 Oz. 2.89
Fried Chicken Banquet, 32 Oz. 2.59

SAVE 10¢ Shoestring Potatoes Somerdale 5 Lb. Bag Frozen 99¢

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SAVE 6¢ Parkay Margarine Kraft 4 Sticks 16 Oz. 49¢

SAVE 20¢ Jif Peanut Butter Jif, 28 Oz. Smooth Or Crunchy 2.19

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Beef Stew Bunker Hill, 23 Oz. 1.49

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California Cantaloupes 15 Count Flavorful and Sweet 77¢ Ea.

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Six elected to L.C. governing boards

Six Virginians have been elected to Lynchburg College's governing boards. Walter B. Potter of Lynchburg, formerly a member of the College's Board of Overseers, has been elected to the College's Board of Trustees, and L. John Denney of Amherst, a long-time member of the College's Board of Trustees, has been made an honorary life member of the board. Thomas T. Byrd of Clarke County and Samuel P. Cardwell, Leighton D. Dodd, and Thomas A. Griffiths, all of Lynchburg, have been elected to the College's Board of Overseers.

Potter is executive vice president and director of United Bio-Fuel Industries, Incorporated, in Richmond, Va., and president and publisher of the **Independent-Messenger**, a semi-weekly newspaper in Emporia, Va. Denney is president of Dentron Corporation and of Tavern and Restaurant, Incorporated, and has been mayor of Amherst since 1960.

Byrd is the publisher of **The Winchester Star**, the **Amherst New Era-Progress**, and the **Nelson County Times**. Cardwell is president of the United Virginia Bank-Western Region. Dodd is a senior vice president of United Virginia Bank. Griffiths is a vice president of Meredith/Burda, Incorporated, and general manager of that company's Lynchburg printing plant.

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